

Don't be part of the no vacation nation– Oct 2 @ 3 p.m. ET



Have you had a vacation recently or made plans to take one in the near future? If the answer is “no,” you’re (sadly) not alone. Too many people don’t make time or take time for themselves. Join this webinar to learn why vacations are not just important, but critical for your:

- Physical well-being
- Creativity, coping and mental health
- Overall ability to be and do your best

Putting kids first: Co-parenting with your ex – Oct 9 @ 3 p.m. ET



Research shows that co-parenting effectively leads to happier and more well-adjusted children. The key is to focus on the children and not your feelings about your ex. However, this may not be easy! Join this webinar to learn:

- What co-parenting means
- Tips to co-parent
- Ways to handle bumps in the road

Building healthy in-law relationships – Oct 16 @ 3 p.m. ET



Do you have in-laws? Whether you're the mother, father, son or daughter, in-law relationships can be tough. Join this webinar to explore common challenges and get some tips to help pave the way to in-law peace and harmony.

Social anxiety: Overcoming the fear of being judged – Oct 25 @ 3 p.m. ET



Social anxiety can be overwhelming and interfere with your day to day functioning and relationships. Although it may seem inescapable to you, it is treatable! Join this webinar to learn how to overcome this common anxiety.

- What are the signs and symptoms of social anxiety
- Just how common is it in today's society
- Causes of social anxiety and risk factors
- Ways to overcome social anxiety